

X-Excel

NC#1

NEWSLETTER

INSIDE November 2018 ISSUE

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Josh's Favorite Recipe

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Fun Facts, Thanksgiving jokes

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Working Hard at NC#1

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Thankful for

X-Excel is an agency certified to provide an array of community based services in the State of Ohio. Our mission is to do more of what works and/or adds value and to do less of what doesn't work and/or doesn't add value to the lives of the individuals we serve. We will only do things that adults without developmental disabilities do.



Employee of the Month



AUSTIN MCFARLAND

BY: BILL W

- Favorite Food : Spaghetti
- Favorite Animal : Dog
- Favorite Restaurant: AppleBee's
- Favorite Color : Blue
- What I like about working at X-Excel – Loves all the staff and likes to hang out with his friends.



Picked By: Josh C.



AUTUMN CHOPPED SALAD WITH CREAMY POPPYSEED DRESSING

Prep time

15 mins

Total time

15 mins

Autumn Chopped Salad with Creamy Poppyseed Dressing is all of your fall salad dreams come true! Crisp chopped apples, pears, romaine lettuce, crunchy pecans, bacon, cranberries and feta cheese combine in a creamy dressing to bring you one unforgettable salad!

INGREDIENTS

4 cups romaine lettuce, chopped
1 barlett pear, diced
1 red apple, diced (I used gala)
5 thick sliced bacon, cooked and chopped
¼ cup dried cranberries
¼ cup pecans, chopped
¼ cup feta cheese
Creamy Poppyseed Dressing:
⅓ cup mayonnaise
¼ cup 2% milk
3 tablespoons sugar
4 teaspoons cider vinegar
2 teaspoons poppy seeds

INSTRUCTIONS

1. In a large bowl combine romaine, pear, apple, bacon, cranberries, pecans and feta cheese. Toss.
2. To make the creamy poppyseed dressing: Whisk together mayonnaise, milk, sugar, cider vinegar, and poppyseeds. Add desired amount to the salad and toss.



The name of the month of November comes from the Latin “novem”, meaning “nine”, because in the Roman calendar November was the ninth month of the year out of a total of ten months. With the adding of January and February at the beginning of the calendar after the Julian calendar reform, November became the eleventh month of the year, as we know it today.

• Throughout history, November was associated in large parts of the world with the beginning of winter and people would spend the month storing food and preparing their homes to survive the cold season. The Anglo-Saxons called November ‘Blotmonath’ (“Blood month”) after the blood of slaughtered animals.

• Another fun fact about November is that in Australia, United States and Canada, this month is associated with **Movember** (moustache November), a movement that encourages men to grow a moustache as a symbol of celebrating men’s health and raise awareness regarding different male diseases.

• The **zodiac signs for November** are Scorpio (October 23 – November 21) and Sagittarius (November 22 – December 21).

• **Famous people born in November** include Mark Twain, Winston Churchill, L. M. Montgomery, Boris Becker, Charles de Gaulle, Scarlett Johansson, Dale Carnegie, Martin Luther, Demi Moore, Kurt Vonnegut, Leonardo DiCaprio, Carlos Fuentes, John Galliano.

• The **birthstones of November** are the topaz and the citrine, both known for their calming energies, bringing warmth and fortune to those who wear them. The topaz in particular symbolizes friendship and it is said to cure madness and eliminate nightmares. Pure topaz is colorless but in its most common form ranges in color from brownish orange to yellow. This is why it is often mistaken for the citrine, another yellow colored stone. The citrine is supposed to spark imagination and symbolizes new beginnings.

• The **traditional flower of the month of November** is the chrysanthemum. Depending on their color, chrysanthemums have different meanings: the red ones symbolize love, the white ones stand for innocence, and the yellow ones denote unrequited love.

• **Special holidays in November** include All Saints’ Day (November 1st), All Souls’ Day (November 2nd), Thanksgiving (the fourth Thursday in November), Universal Children’s Day (November 20th).

	Which side of the turkey has the most feathers? The outside!		What do Hippies put on their Thanksgiving potatoes? Groovy
	What's the best thing to put into pumpkin pie? Your teeth!		What did the farmer say to the green pumpkin? Why orange you orange?
	How can you make a turkey float? You need 2 scoops of ice cream, some root beer, and a turkey!		When the Pilgrims landed, where did they stand? On their feet!
	Why did the band hire a turkey as a drummer? Because he had the drumsticks!		What can you be thankful for at Thanksgiving? That you're not a turkey!



By: Jill H.

November Birthday's

Kasey L. - 11.2

Krista F. - 11.5

Richard H. - 11.20

Deborah L. - 11.21

Brittany G. - 11.23

Jason B. - 11.26

Emma S. - 11.30





Hard at work with smiles
on their faces !!

By: Garrett H.

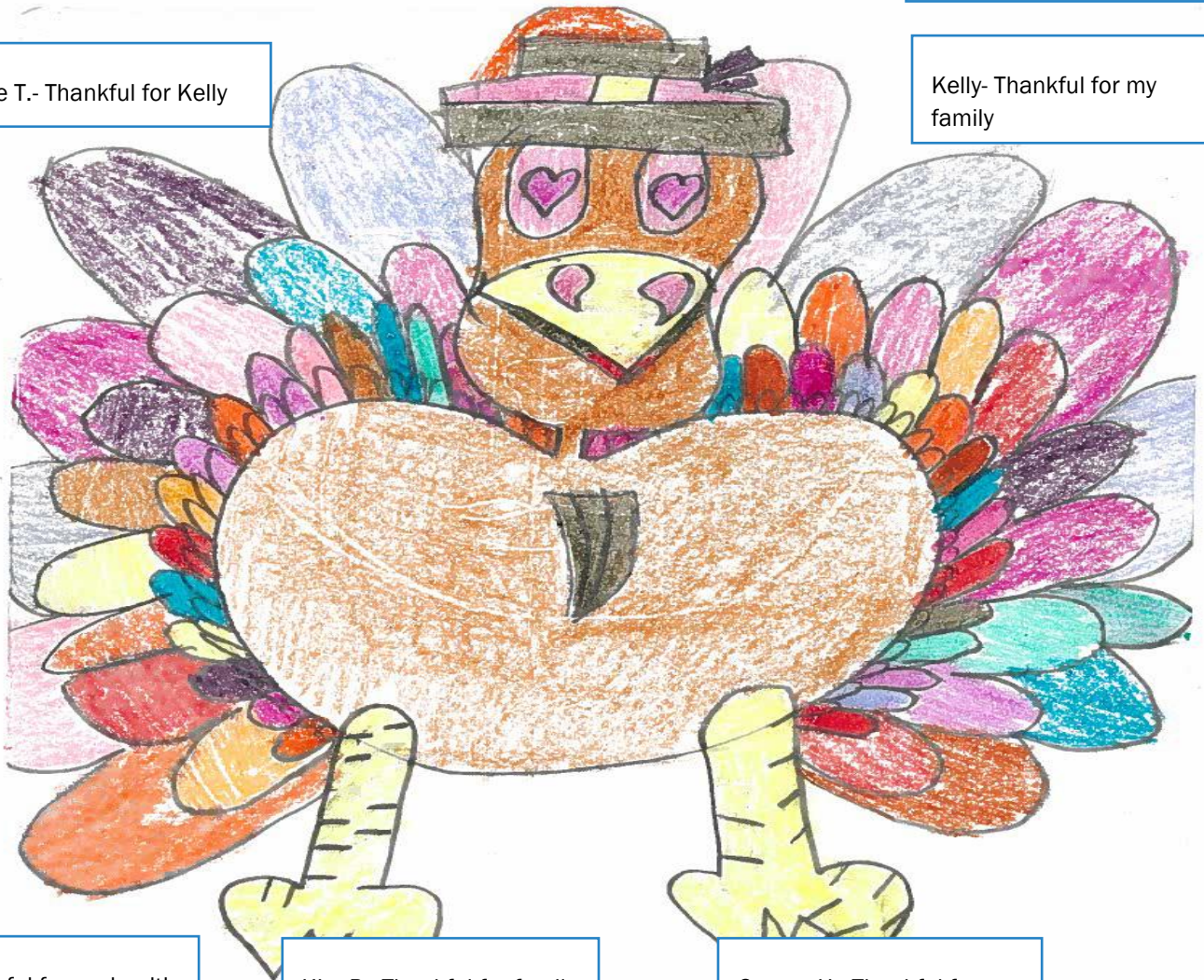
What im thankful for:

Emma S.- Thankful Everyone

Bill W - Livivng in America

Sue T.- Thankful for Kelly

Kelly- Thankful for my family



Tim -thankful for my health

Kim P. -Thankful for family and friends

Garrett H.- Thankful for my new girlfriend

Josh -Thankful for family and friends

Lenny T. -Thankful to be alive

Austin Mc- Thankful for friends and family

Jill H.- Thankful for Thanksgiving

Grady - Thankful for life

Krista - Thankful for her necklaces

Brittany -Thankful for Whitney

Keith - Thankful for Baby

Richard C - Thankful for Christmas to come

Drawing by Deana S / Interview by Bill W

Tim's Thanksgiving Song/Poem

He wish you Happy
Thanksgiving day

• She cooking biggest -
dinner on that day he
tell all Pirgum Indian
tell all shiath rock.
come over land ~~the~~
mayflower ship can
sick are some think
and the Pirgum had
lot sick ness on the Boat
come over mayflower
s adding at Plymouth
to rock 1680 and Indian
plant corn also plant
gaps to planted wheat. Eo
he move on the again.

Plymouth rock as sick -
ness on the mighty ship
• sailor from London go
line. New land 1681 to for
found new land.

• Pirgum Boe come to -
this guy to love you lonely

(2)

loving

● you girl tomorrow
you'll see this go
on my her goway from
● your girl I am who did
troubles you this
stay way from ~~pirgum~~
see Indian to help you
white people can need
ing help planted self
to hoese the neighbor
can do self again.

● Thanks for you till
you stop over here
to go see Indian friend
we had hard day and
she see Indian can hope
turkey can fly away
to for sky Indian can
oh path poor Pirgum be
good for me

● Having a happy thanks
giving day and first day
Pirgum fall Indian
has again.

